

How to Make Oatmeal Bread

Healthful to Eat—Saves the Wheat

- | | |
|---------------------------------|--------------------------------|
| 1 cup flour | 1 cup cooked oatmeal or rolled |
| 1 1/2 cups corn meal | oats |
| 1 1/2 teaspoon salt | 2 tablespoons shortening |
| 5 teaspoons Royal Baking Powder | 1 1/2 cups milk |
| 2 tablespoons sugar | No eggs |

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

ROYAL BAKING POWDER

If used three times a week in place of white bread by the 22 million families in the United States, it would save more than 900,000 barrels of flour a month.

Our new Red, White and Blue booklet, "Best War Time Recipes", containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. H, 135 William St., New York

FOOD WILL WIN THE WAR

TO HAVE RED CROSS HOUSES AT CANTONMENTS.

A Red Cross house soon will be constructed in each of the army and navy training camps.

It is intended primarily to be a lounge and rest haven for convalescent soldiers. It will also be an administration center for the Field Director of the Red Cross, an emergency lodging for summoned relatives of those "rookies" dangerously ill, and the Red Cross nurses and staffs.

A new headquarters for all Red Cross activities in the camp hospital will be provided by the Red Cross house, and it will serve also to develop to full efficiency the Red Cross Communication Service, through which families and friends of soldiers can obtain prompt, accurate and detailed information as to their welfare. This service covers the camps in America as well as the battle front.

One of the first of these structures to be built will be at Camp Meade, for which bids soon will be opened at the office of the Department of Military Relief of the American Red Cross. Construction work in all the

other camps and cantonments will be rushed.

For convalescents, many new comforts will be provided by the Red Cross house. These will include a solarium, or "sun parlor," a glassed-in porch, and a stage, upon which "movies" and other entertainments can be given. A billiard room, kitchen, reading, reception and committee rooms, in addition to a large assembly hall, will be located on the first floor. The second floor will be given over entirely to bed rooms. Each building will be 100x100 feet.

READING FOR THE FIGHTING MEN.

There's many a dull hour for the boys in the camps and on the ship that could be relieved by sending them reading matter of an acceptable kind. Do this by going over the list of books in your library that can be spared. Wrap them up, address them to the "Liberty War Service," and send them to Miss Imogene Redmon, at the Paris Public Library. In this way you can help the boys.

FORGOT WHAT HE NEEDED.

From the Republican, Mt. Gillad, Ohio: The editor had an interesting experience some time ago, when a young gentleman came to his office and asked for a copy of the Morrow County Republican. He scrutinized it carefully when a copy was handed him, and then said: "Now I know!" "What is it you are looking for," we inquired. "My wife sent me after a bottle of Chamberlain's Cough Remedy, and I forgot the name. I went to several stores and the clerk named over everything on the shelf except "Chamberlain's". I'll try again, and I'll never go home with out Chamberlain's Cough Remedy." The Republican would suggest to the proprietors of drug stores, that they post their clerks, and never let them substitute. Customers lose faith in stores where substituting is permitted to say nothing of the injustice to the makers of good goods and the disappointment of customers. (adv. March)

Dr. Wm. Riley Franklin OPTOMETRIST

Practice Limited to the Correction of Defective Vision by Properly Fitted Lenses.

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PARIS GAS & ELECTRIC CO.

(Incorporated)
Paris, Kentucky

ILLUMINATING

First 100 K. W. Hrs. Used.....	12c per K. W.
Next 100 " " " " " " " " " "	11c " "
" 100 " " " " " " " " " "	10c " "
" 100 " " " " " " " " " "	9c " "
" 100 " " " " " " " " " "	8c " "
" 100 " " " " " " " " " "	7c " "

All in excess of above, 6 cts. per K. W. A Discount of 1-2c per K. W. will be allowed if bill is paid on or before 10th of month. Minimum bill \$1.00.

POWER

1st 100 K. W. or fraction.....	10c per K. W.
2nd 100 " " " " " " " " " "	9c " "
3rd 100 " " " " " " " " " "	8c " "
4th 100 " " " " " " " " " "	7c " "
Next 100 " " " " " " " " " "	6c " "

All in excess of above, 5 cts. per K. W. A Discount of 1-2c per K. W. will be allowed if bill is paid on or before 10th of month. Minimum bill \$2.00 per month for 1st H. P. of motor installation and 75c per month for each additional H. P.

Over 500 K. W.

First 500 K. W., net.....	6c per K. W.
Next 2,500 " " " " " " " " " "	4c " "
" 10,000 " " " " " " " " " "	2 1-2c " "

Minimum bill \$2.00 per month for 1st H. P. of motor installation and 75c per month for each additional H. P.

THE "OO LA LA TIMES" FROM SOMEWHERE IN FRANCE

Mr. Wm. H. Cannon, local manager of the Central Home Telephone Co.'s exchange, sends THE NEWS a copy of "The Oo La La Times," published in English "Somewhere in France" by the Seventeenth United States Engineering Corps.

The Times is full of original articles, well-written and displaying a knowledge of the newspaper business that could only have been acquired by actual experience. Someone on The Times has had a long experience in the art. The paper contains a remarkably graphic account of the soldiers' Christmas celebration in France, written by Sergt. Donald Ewing; an address to the people of "some town in France," by Col. J. S. Sewell, and the response by the Mayor; the address of a French Commander landing the American troops, and various other articles, all timely and well gotten up.

The paper was sent to Mr. Cannon by Sergt. R. N. Crapster, a native of Shelby county, Kentucky, and a graduate of the Kentucky Wesleyan College, at Winchester. He is a member of the Seventeenth Engineering Corps, and says it is called by the French soldiers the finest-looking and most military-appearing body of American soldiers in Europe.

BACKACHE IS A WARNING.

Paris People Should Not Neglect Their Kidneys.

Backache is often nature's most frequent signal of weakened kidneys. To cure the pains and aches, to remove the lameness when it arises from weakened kidneys, you must reach the cause—the kidneys. If you have pain through the small of your back, urinary disorders, headaches, dizzy spells, or are nervous and depressed, start treating the kidneys with a tested kidney remedy. Doan's Kidney Pills have been proved good and are especially for weak kidneys. Doan's have been used in kidney trouble for over 50 years. Read Paris testimony.

Floyd H. Rankin, grocer, Lilliston avenue and Lucas street, says: "I have used Doan's Kidney Pills off and on for years and have been greatly benefited. At times I have suffered severely with kidney complaint. My back often pained me and was lame most all the time. The kidney secretions were too frequent in passage and greatly annoyed me. Whenever I have been this way, a box of Doan's Kidney Pills has never failed to cure me of the attack in short order."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Rankin had. Foster-Milburn Co., Mfrs., Buffalo, N. Y. (adv)

SHEEP TO KEEP AMERICANS IN FUR.

In far away Bokhara, a town and district in Asiatic Russia that has a half-mystical sound to American ears "Persian" lambs have been grown for ages for the tightly curled, lustrous-black fleeces that constitute the warm covering of the natives, says Robert M. Moulton in the March Popular Mechanics Magazine. And so the fashion of wearing Persian lamb and astrakhan has come down from the ages until women in all civilized lands where the winters are cold seek their warmth, and fashion's decree has made them to popular that the cost of Persian lamb has gone up 142 per cent. in 15 years.

It must have been instinct—it could not have been foreknowledge that a world war would curtail commerce—that made an American decide a few years ago to try breeding the sort of sheep that bear the highly prized fleeces, on his 1,900-acre ranch near Cottonwood Falls, Kansas. He reasoned that if they could be bred in Asia, they could be bred in Kansas, and so thoroughly did he believe in the proposition that he invested \$35,000 in karakul sheep from Bokhara. These he crossed with native Lincoln-bred sheep, and the lambs of this cross bear the valuable pelts that hitherto have been imported almost exclusively from Russia.

SOCIAL AND PERSONAL.

Comings and Goings of Our People Here, There and Elsewhere.

—Mrs. Wm. B. Woodford has gone to Martinsville, Indiana, for an extended stay.

—Mrs. Owen L. Davis is visiting her mother, Mrs. Belle Brent Alexander, in Covington.

—Mr. John T. Collins is ill at the home of Mr. and Mrs. Thos. Helm Clay, on West Eighth street.

—Mrs. Katherine Davis Craig has returned from a visit to the family of Mr. Bailey Berry, in Lexington.

—Mr. Charles P. Mann, of the Paris Realty Company, was a business visitor in Nelson county recently.

—Mrs. Noah Smith and son, Frank, and Miss Clara Current, of Centerville, have moved to Paris to reside.

—Mrs. W. A. Morris has returned from a two-weeks' visit to her son, Mr. Dan Morris, and family, in Lexington.

—Dr. and Mrs. M. H. Dailey, who have been spending the winter in Florida, will return home about March 19.

—Mr. Bush Bishop, of Paris, is a patient at the Massie Memorial Hospital, in this city, suffering from typhoid fever.

—Mr. and Mrs. D. T. Wilson have as guests at their home on Houston avenue, Mrs. Wm. Lehman and Mrs. Wm. Morris, of Midway.

—Judge Robert H. Winn, of Mt. Sterling, attended the opening of the March term of Bourbon Circuit Court, in this city, Monday.

—Mrs. Clark Wilson, who has been very ill of gripe at the home of Mr. and Mrs. David T. Wilson, on Houston avenue, is improving.

—Mrs. Louis Misonheimer and two children, accompanied by her mother, Mrs. Smith, have gone to California for an extended visit to relatives.

—Mrs. W. H. Highland and daughter, Miss Ruth Highland, have returned to their home in Covington, after a visit to Mr. and Mrs. Jos. James, on Parrish avenue.

—Mr. Edward Turner was removed this week from the Massie Memorial Hospital, where he has been a patient for several weeks, to his home on the Clintonville pike, near Paris.

—Lieut. James G. Metcalf, Jr., formerly of Paris, who is now stationed at Camp Grant, Rockford, Illinois, in the officers' training corps, spent several days here this week as a guest of friends.

—Mr. Wm. ("Chief") McIlvaine, formerly of Carlisle and Cynthia, was a caller at THE NEWS office Wednesday. Mr. McIlvaine, who has been residing on a farm in Graham county, near Lagrange, was prospecting for a location in Bourbon county, but not finding the exact place to suit him, returned home. He will make another trip to Bourbon soon in an endeavor to secure a location. (Other Personals on Page 5)

WOLF, WILE & CO.

INTRODUCE
NEW FATURES IN

SPRING FASHIONS

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FIRST TIME THIS WEEK

- Suits for street and sports wear
- Smart afternoon and dinner frocks
- Special showing of wool jersey dresses
- Utility and motor coats
- New sleeveless jackets in all colors
- Sweaters in all the new models
- French blouses and tailored shirts
- The new millinery

NOTE:—We desire to call particular attention to our youthful new tailored suits and dresses. They are smart styles for the young folks of the city. Each garment is eloquently distinctive, each with youthful high waist line effects, becomingly trimmed to enhance the beauty of their straight-lined style. They are models seen in Fifth Avenue's most exclusive shops. They are made especially for the flapper and the "sub-deb" and young women who desire to look youthfully attractive. The values are exceptional.

WOLF, WILE & CO.

LEXINGTON, KY.

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COLUMBIA

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Drilling rigs will soon be working on our properties and making dividends for our stockholders.

The time to make money in a company is between its incorporation and the payment of the first dividend. In the early part the risk is greatest, therefore the stock is usually low. As the company progresses, the stock advances. When dividends commence the stock usually sells at par, and many times above par—depending on the values back of the stock and prospective future earnings.

THE COLUMBIA OIL & GAS COMPANY has progressed far beyond the speculative stage—with its properties so well proven up, it is reaching into, and we hope will soon enter, the dividend period. Therefore, this is the logical time to buy stock; to make the safest investment, and the most money. When the first dividend is declared you cannot buy stock at the present price—if at all.

Come in with us now—we are on the road to dividends, and higher prices.

Write us to-day for full information—we will cheerfully answer any question to your full satisfaction. It is our business to do this, as we are the Fiscal Agents of the Company.

We sell stock in large or small amounts, to suit the buyer.

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